

## Snack Plan

Colleen Pierre of the American Dietetic Association and director of Eating Together in Baltimore observes that many senior citizens prefer to snack rather than sit down to a full, prepared meal. To assure them an adequate intake of all nutrients each day, she recommends the following snack plan--which is a very basic, balanced program that "meets the caloric and nutritional needs of a sedentary woman in the 60-to-75-year age range without cooking a major meal. **Add the starred (\*) items** to meet the caloric needs of the **sedentary man** of the same age," says Pierre.

### One-Day Snack Plan



- 1 cup of hot chocolate with whole-wheat toast and 1 teaspoon margarine
- 1 hard-boiled egg and glass of orange juice
- a half cup of low-fat vanilla yogurt with 4 ounces crushed pineapple and 2 tablespoons wheat germ
- 2 graham crackers with 2 tablespoons peanut butter and a half cup of low-fat milk
- 1 small banana\*
- unsalted pretzels\*
- 5 pitted prunes
- 1 two-ounce piece of cold chicken, 1 slice rye bread, 1 teaspoon margarine, and a half cup of mixed vegetables (a light meal/snack)
- 1 cup split pea soup and 4 unsalted shredded wheat crackers
- 1 cup whole-grain cereal with a half cup of low-fat milk, 1 teaspoon sugar, and a serving of fruit\*

Adapted from: "Nutrition and the Elderly",  
U.S. Food and Drug Administration.